

Eleganza: The Western Dance Society

Dancing is the loftiest, the most moving, the most beautiful of the arts. For it is no mere translation or abstraction of life. It is life itself. ~Henry Havelock Ellis.

Eleganza, the western dance society, founded in the year 2016, is relatively new and has succeeded to set its foot in the dance circuit efficiently. Eleganza, is more than a society, it is a family. Eleganza is a safe place for all the budding dancers, who believe in the power of expression and execution. Eleganza performs an integrated version of various Western Dance forms, like, Hip-Hop, Jazz, Waacking, DanceHall, House and much more. In such a short period of time, the society has bagged various honours, on the stages of different institutions in Delhi and outside. Eleganza has performed and will continue to perform in various celebrated Institutions including IITs and BITS.

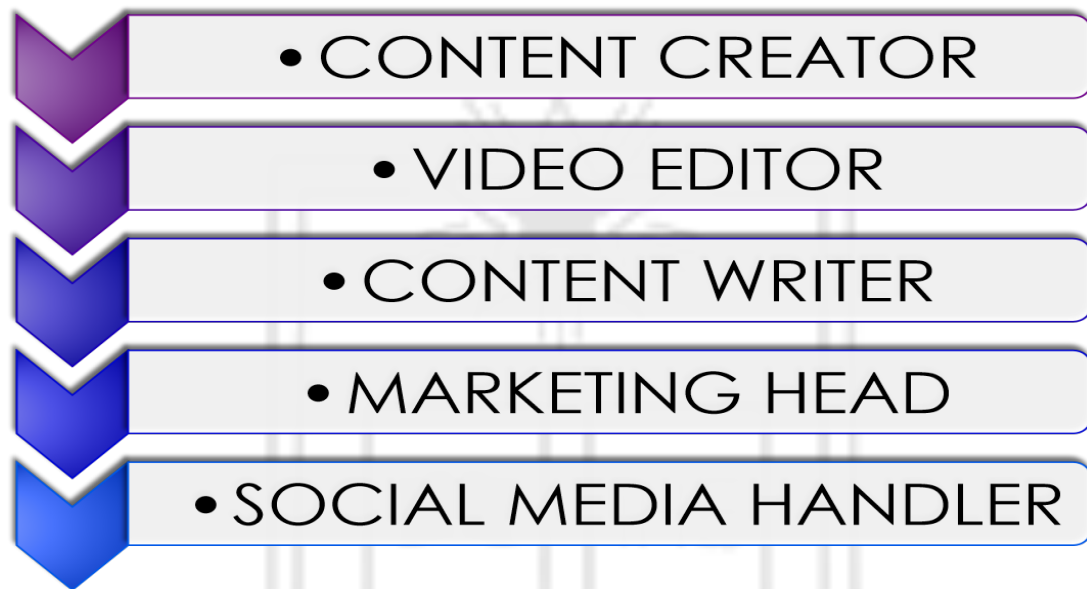


GLIMPSES OF THE PERFORMANCES AND AWARDS-ELEGANZA

PR AND PUBLICITY SOCIETY

Public Relations and Publicity Society of Institute of Home Economics, collaborates with various universities and colleges to run successful training programs. Our objective is creating public awareness for our events and maintaining the presence of the performing teams of IHE in media. It carries out promotional activities to attract attention of various stakeholders. In addition to traditional media such as flyers and posters, in-person engagements and different social media are used to reach out to people.

Structure of the PR team





The Indian Music Society: Tarkaas

Tarkaas, the Indian Music Society of The Institute of Home Economics College has been an integral part of the institution's culture since it was found in 2014. 'TARKAAS', the name of the society originated from the word for a 'wooden flute' and till date stays the most unique name of any music society in the DU Circuit of Cultural Societies. The changing times inspires in strengthening the belief in our old traditions and Tarkaas mainly focuses on understanding different aspects of music such as *surtal* and vocals through sessions. In its year of re-establishment, Tarkaas worked on Indian classical genre of music with a composition based on *Raag Sagar*, a *Raag* rarely heard in Delhi's classical group singing circle. Innumerable hours of *Riyaaz* along with various accompanying *taals* such as *Rupak*, *Ektaal*, *Teen Taal*, *Jhaptal* and to-the-mark *Sawaljawab* on table made this *Raag* even more beautiful. *Raag Sagar* which includes *Raag Bhatiyaar*, *Ahirkhairav*, *Kirwani*, *Jog*, *Rupak*, and *Teen taal*, was all about the feel. *Riyaaz* with the full passion is the secret of their success and growth. *Tarkaas* has created compositions in soul stirring *Raags* like *Raag Kirvani* (Queen of Taans).

The society, *Tarkaas* participates in all the prestigious competitions, non-competitive gigs and concerts in various institutions. To name a few, Tarkaas participated at AIIMS, IIT Kanpur, IIT Delhi, Ramanujan College, Bhaskaracharya College, Lady Shri Ram College, Kamla Nehru College, Gargi College, PGDAV Evening College, Dyal Singh College, Lady Irwin College, Deshabandhu College, DTU. the members of the society have won accolades and awards at many prestigious college events.



THE TEAM OF TARKAAZ PERFORMING AT A CULTURAL FESTIVAL



GLIMPSES OF THE ENTHUSIASTIC TEAM AT COLLEGE EVENTS

The Fine Arts & Photography Society: IRIDESCENCE

Iridescence is one of the most active societies of the Institute of Home Economics. Its main aim is to encourage the members to come up with amazing ideas, to showcase their talent and to bring out the artistic side of themselves. Our society has participated in many events and exhibitions organized by various colleges.

Every year, the society participates in the Annual Cultural College Festival - FERIA and displays the massive contribution to it. In addition, Iridescence also organized local trips and art walks to places such as Lodhi garden, etc.

Additionally, this year the Iridescence Instagram page served as a platform where every month, the students get an opportunity to showcase their work based on the different themes.



MEMBERS OF IRIDESCENCE

Enactus

Enactus is a society that works for the betterment of the under privileged community by creating entrepreneurial leaders and social innovators. It empowers people in need to transform opportunities into reality, sustainable progress for themselves and their communities. It gives students opportunity to make meaningful differences, while gaining the experience, skills and contacts necessary to build a successful career. Enactus IHE marked its presence by coming in the top 14 in National Competition in its first attempt in year 2020.

To know more, visit- <https://www.instagram.com/enactus.ihe/>

Project Ahar

Currently there are two ongoing projects in that are Project Ahar: Nourishment Ki Nayi Pehchan and Project Lehar: Jal Ke Naye Kal Ki and also initiated successful fundraiser campaign Project Prayas. It has an objective to hand out nutritious unutilized whey protein beverages to people suffering from protein energy malnutrition due to lack of availability of resources making sure that the supplies were provided at reasonable prices by creating women entrepreneurs. It also aims at food safety and hygiene.

To know more, visit- https://www.instagram.com/project_ahar/

Project Lehar

It was launched with the primary objective of controlling the water pollution levels by various sub set ups. To tackle the problem, we developed a holistic project where we prepared eco soaps using used cooking oil.

To know more visit- <https://www.instagram.com/projectlehar/>

Project Prayas

It was fundraiser campaign launched to provide food and ration kits to underprivileged and migrant workers in the time of Covid-19 pandemic in collaboration with *Rasoi on Wheels*.



ACTIVITES OF TEAM ENACTUS

Literary and Debating Society: Muzahira

The Literary and Debating society of IHE was founded on 19 September 2014. It is a family of literature enthusiasts who are here to express and impress! We are inquisitive and ingenious individuals who love expressing ourselves and we do that through creative writing, debating, slam poetry and quizzing.

‘PANACHE’, our annual literary event has everything in it, from traditional debates, scintillating quizzes, winsome performances by slam poets, expression on abstract themes through creative writing to newly introduced exhilarating events like 'Murder Mystery' and 'Treasure Hunt'.

We hope to continue on our quest of expression the way we have been doing until now.

If you have a conviction, want your voice to be heard and want a platform to express yourself, we welcome you to Muzahira -we express!

OUR WINNERS



OUR EVENT



FIRST BATCH



CELEBRATING 6 GLORIOUS YEARS OF MUZAHIRA!



OUR MEMBERS PERFORMING AT VARIOUS COMPETITIONS



Connecting Dreams Foundation (CDF)

Connecting Dreams Foundation (CDF) is a non-profit organization that provides the youth with an opportunity to bring about a sustainable and scalable change by working along the lines of 17 Sustainable Development Goals (SDGs) as defined by the United Nations. Through its changemaker network, CDF uses entrepreneurial action to empower people to improve their livelihoods in an economically, socially and environmentally sustainable way, thus converting their dreams into reality.

CDF follows a unique 3C model. The three Cs in this model stand for :

1. **COLLECT DREAMS** - This means to identify the dreams/needs and challenges faced by nearby communities.
2. **CREATE SOLUTIONS** - This means to ideate with the volunteering youth and the end users in each targeted area.
3. **CHANGE LIVES** - This simply means to help create a sustainable model for each of the initiatives so that the project effectively empowers the community.

It provides the youth with an opportunity to bring about a sustainable and scalable change.